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Snoring at the gym? Go the distance with a little boxing

Stay energized until the very end with a fun, full-body workout **PAGE 13**

Unresponsive patients react to Hitchcock: Study

Researchers say patients in vegetative states were 'consciously aware' **PAGE 5**

Willy may sit out game with Ticats

Quarterback Drew Willy's injured shoulder could make him miss the Blue Bombers' next game **PAGE 21**

DON'T MAKE ME TURN THIS PLANE AROUND

METRO ANALYZES 20 YEARS OF DATA ON DISRUPTIVE AIRLINE PASSENGERS IN CANADA **PAGE 8**

Make EPIC permanent: Union



Chris Broughton of the Paramedics of Winnipeg said educational initiatives, like having paramedics deliver injury-prevention tips, could help lessen ambulance wait times. **BERNICE PONTANILLA/METRO**

Pilot program. Emergency Paramedics In the Community (EPIC) has helped reduce volume of ER visits



BERNICE PONTANILLA
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A city committee heard a call Monday to make permanent a pilot program that puts paramedics in closer contact with frequent users in order to decrease emergency room visits.

Chris Broughton, president of the Paramedics of Winnipeg MGU Local 911, told members of the protection and community services committee that the EPIC program, which stands for Emergency Paramedics In the Community, should continue as a "long-term strategy."

"Often patients are sent to hospital ERs even when other forms of health care might be more appropriate," said Broughton, adding in 2012, there were just under 58,000 ambulance

transports and their stats show only 13 per cent of those were critical.

"It's with these kind of programs (such as EPIC) that we're seeing reduction in call volumes ... and that has an effect on the number of people being transported to ERs."

Broughton said EPIC "finds people that are falling through the cracks" of the health-care system, which is seeing increased demands due to an aging population.

A report written by Winnipeg Fire Paramedic Service Chief John Lane noted paramedics are working closely with the Winnipeg Regional Health Authority on a four-point strategy to reduce off-load delays.

Lane wrote that while he could not go into detail due to "the sensitivity of those contract discussions," the strategy aims at creating a mechanism for getting ambulances more quickly out of places where the off-loads are high, taking patients to less busy emergency rooms, and for minor needs, having the patient wait at home with "appro-

priate care" until an ER can take the patient.

What about cadets?

Coun. Scott Fielding, who chairs the Winnipeg Police Board, asked Chris Broughton if he felt a cadet-like program could work for Paramedics.

- Broughton said when a patient is taken to hospital, "that patient then becomes the responsibility of the Winnipeg Regional Health Authority, and by implementing such a program, it would be ingraining the Fire Paramedic Service into off-load delays, as opposed to trying to avoid off-load delays."
- He said he'd prefer to see money for a cadet program invested instead into health strategies that would prevent people from needing medical attention to begin with.



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FIVE THINGS YOU NEED TO KNOW TODAY

1

DEADLY GRAIN ACCIDENT

A 44-year-old man from Keesekoowenin First Nation, Man., is dead. He was working in the back of a grain truck Thursday when he sank into the grain and could not be pulled out.

2

SAVINGS JACKPOT

An independent audit shows the Manitoba government saved \$36 million this year by combining the old Manitoba Liquor Control Commission and the Manitoba Lotteries Corporation into Manitoba Liquor and Lotteries.

3

DUFFY DRAMA

The first court date for Sen. Mike Duffy — Tory black sheep and poster boy for the Senate scandal — is scheduled for Tuesday morning.

4

LOVE QUIRKY CANLIT?

Newly launched website allitup.ca connects buyers to print and ebooks from a slew of Canada's independent publishers.

5

THE FORCE IS STRONG

Obi-Wan Kenobi is rumoured to be the protagonist of one of three Star Wars spinoffs planned for release between episodes VII, VIII and IX.

Museums board calls for 8% budget increase

System tweaks? Scott Fielding argues for status quo, councillors should have a say



BERNICE PONTANILLA
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A City of Winnipeg board is recommending to council an eight-per-cent increase to the museums' budget for 2015 — and urging councillors to heed their advice.

Three representatives of the Winnipeg Museums Board — co-ordinator Alison Letourneau and co-chairs Daria Rakowski and Christian Robin — attended Monday's protection and community services committee meeting to "correct for some of the cuts" in years past.

Letourneau said the eight-per-cent increase accounts for the five-per-cent across-the-board cut to museums and cultural programs in budget 2013, with the other three per cent

reflecting inflation.

That would bring the budget to \$1,057,700 for the 11 museums the city funds, up from \$979,300 in the 2014 budget.

Letourneau also brought up concerns that the board's advice is not being heeded and reminded councillors that the board was created in 2006 in order to not politicize the funding process.

"The board's recommendations — we're not sure whether they get lost, or they get filed or they get dismissed; we've never been told, as far as I know, and this is to just provide context," said Letourneau.

Coun. Scott Fielding disagreed with Letourneau, arguing that councillors should be involved in the process.

"I want the recommendation for it, but I also do want the authority to issue that money, so I generally do like the system that's in place right now."

Coun. Ross Eadie said he agreed with the museums board reps, suggesting the reality is that some councillors have more power than others.



Alison Letourneau of the Museums Board listens as co-chair Christian Robin answers a councillor's question during Monday's protection and community services meeting. BERNICE PONTANILLA/METRO

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TRANSIT TUESDAY

Weekly Transit News Update



NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham and Donald) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

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Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of South and South East Winnipeg. DART buses operate during off-peak hours only and are cellphone-equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your location to a transfer connection, or vice versa. Call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

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Downtown. Old Montreal, Old Quebec ... and Old Winnipeg?

Winnipeg's downtown could easily support three times as many residents as it does now, mayoral hopeful Michel Fillion said on Monday.

To help achieve that goal, he laid out a series of measures to make the area more livable, including better transit service, improved recreational opportunities, a full-service grocery store and more greenery.

Fillion said he also wants the planning department to form a specialty team to help developers refurbish heritage properties, and that rebuilding sidewalks in the area is a priority.

"I always say to people: 'Don't worry, sir, you're not inebriated, it's the sidewalk,'" he joked.

Fillion moved downtown from Whyte Ridge eight years ago, after renovating a heritage building on Portage Avenue to include new commercial and residential space. He said he doesn't agree with the perception downtown is unsafe.

"Talk to anyone who lives downtown and we don't have the feeling that it's dangerous," he said. "Yes we have nuisances. But it's an exciting place to live."

He said with careful supervision over which new retail stores and restaurants are added to the area, the Exchange District has the potential to be one of Canada's great historical districts.

"We have Old Quebec, we have Old Montreal, and now we will have Old Winnipeg," COLIN FAST/FOR METRO



A rendering of what the new pathway, archway and fountain will look like. WINNIPEG FOUNDATION/HANDOUT

Say allo to the Alloway Arch

The Forks. A new pathway, arch and fountain are being built and should be ready before winter

Thanks to a donation from the Winnipeg Foundation, a new public pathway at the Forks will connect the Broadway promenade and the Esplanade Riel, complete with a historic arch.

Dubbed the Alloway Arch and the Widow's Mite

Fountain, the pathway will include shards (pieces of building) from the original Alloway and Champion bank once found at 362 Main St. The pathway will include the archway and a circular fountain with three jets, representative of an anonymous donation of three gold coins in 1924 that was carried in an envelope with the words "The Widow's Mite" on it.

"This is a beautiful addition to The Forks, one that demonstrates the giving nature of our entire community," says Paul Jordan,

CEO of The Forks North Portage Partnership. "It's so fitting to have it at The Forks where so many have come together, given of their time and talents and collaborated to create the city's Meeting Place."

Shards are currently on site and construction will begin at the end of September. The fountain is expected to take six weeks to complete and the arch about 10 weeks.

The project was designed by Mike Scatliff of Scatliff+Miller+Murray.

METRO

A call to expand cadet program

Mayoral candidate Mike Vogiatzakis has outlined a plan for significant expansion to the role of cadets, in providing police services.

Comparing the cadet program to an apprenticeship, Vogiatzakis said his concept would replace retiring officers with multiple trainees, and put more bodies on the street to enforce laws.

In the first year of his program, cadets would issue

parking tickets, which is currently done by the Winnipeg Parking Authority. In the second year, they would take over responsibility for the traffic division. In the third year, they would accompany officers to crime scenes.

Vogiatzakis said making greater use of cadets would save money and free up time for regular officers to concentrate on more com-

plex police work.

Cadets are now used for activities such as traffic control, neighbourhood food patrols and securing crime scenes.

Vogiatzakis said he wasn't certain how much the proposal would cost, but added he would work with the police service and Winnipeg Police Association on specifics.

Vogiatzakis also said he

would remove photo radar cameras from the city, and replace them with more conventional traffic enforcement operations conducted by cadets.

"Red light cameras are supposed to be for safety," he explained, "but it's not safe when there's an impaired or underaged driver going down the road and no one is there to stop them."

COLIN FAST/FOR METRO



Residents look at a sign with the words "China's First Cellphone Lane" written on it, explaining the use of a lane separating those using their phones and those who don't. The Chinese city took a cue from a U.S. TV program and created a sidewalk with a separate lane for those whose eyes are consistently glued to their smartphones. THE ASSOCIATED PRESS

Smartphone lanes promote device safety

Prohibited cell use. Tongue-in-cheek sidewalks highlight the dangers of walking and using your cellphone

Taking a cue from an American TV program, the Chinese city of Chongqing has created a smartphone sidewalk lane, offering a path for those too engrossed in messaging and tweeting to watch where they're going.

But the property manager says it's intended to be ironic — to remind people that it's dangerous to tweet while walking the street.

"There are lots of elderly

Quoted

"There are lots of elderly people and children in our street and walking with your cellphone may cause unnecessary collisions."

Nong Cheng, marketing official with Meixin Group. Cheng is critical of pedestrians who talk and use their mobile devices.

people and children in our street, and walking with your cellphone may cause unnecessary collisions here," said Nong Cheng, the marketing official with Meixin Group, which manages the area in the city's entertainment zone.

Meixin has marked a 50-metre stretch of pavement with two lanes: One that prohibits cellphone use next to one that allows pedestrians to use them — at their own risk.

Nong said the idea came from a similar stretch of pavement in Washington D.C. created by National Geographic Television in July as part of a behaviour experiment.

She said that pedestrians were not taking the new lanes seriously, but that many were snapping pictures of the signs and sidewalk.

"Those using their cellphones, of course, have not heeded the markings on the pavement," she said. "They don't notice them."

THE ASSOCIATED PRESS

Unresponsive patients react to Hitchcock films

The original master of suspense is helping Western University researchers in London, Ont., gain a better understanding of patients in vegetative states.

Researchers at the university's Brain and Mind Institute put a group of healthy people in an MRI scanner alongside someone who had been unresponsive for 16 years. They then switched on an Alfred Hitchcock flick.

Brain activity for most of the healthy patients synchronized during the screening and was similar to patterns displayed by the unresponsive patient.

The results, suggest researchers, show that the patient was "consciously aware" and likely understood the movie.

"For the first time, we show that a patient with unknown levels of consciousness can monitor and analyze information from their en-



Alfred Hitchcock in May 1972. AFP/GETTY IMAGES FILE

vironment, in the same way as healthy individuals," said Lorina Naci, a postdoctoral fellow and lead researcher on the new study.

"We already know that

up to one in five of these patients are misdiagnosed as being unconscious and this new technique may reveal that that number is even higher." METRO IN LONDON

Tainted H2O

Fracking not to blame for water

The drilling procedure called fracking didn't cause cases of tainted groundwater in areas of the states of Pennsylvania and Texas, a new study finds.

"We found the evidence suggested that fracking was not to blame, that it was actually a well integrity issue," said Ohio State University geochemist Thomas Darrah, lead author of the study. He said the results are good news, as this type of contamination is easier to fix and more preventable. THE ASSOCIATED PRESS

NASA

Space security program criticized

NASA's effort to identify potentially dangerous space rocks has taken a hit.

Most near-Earth objects harmlessly disintegrate before reaching Earth's surface. But there are exceptions, such as the nearly 60-foot meteor that exploded over Russia in 2013, causing considerable damage.

In a 44-page report, Inspector General Paul Martin said the Near Earth Objects program needs to be better organized and managed, with a bigger staff. THE ASSOCIATED PRESS

Space daredevils

Europeans to try comet landing

Talk about a moving target:

Scientists at the European Space Agency on Monday announced the spot where they will attempt the first landing on a comet hurtling through space at 55,000 kilometres an hour. The manoeuvre is one of the key moments in the decade-long mission to examine comet 67P/Churyumov-Gerasimenko and learn more about the origins and evolution of objects in the universe. THE ASSOCIATED PRESS



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Leaders kick off year-long campaign season with pitches to middle class

October 2015 election.

Political manoeuvring comes as Parliament resumed on Monday

Quoted

"We will keep delivering for Canadians and their families." Stephen Harper

The leaders of the three main federal parties spent Day 1 of the unofficial year-long election campaign vying to portray themselves as champions of middle-class Canadians.

Prime Minister Stephen Harper touted his government's plans to cut taxes for Canadian families.

New Democratic Party Leader Tom Mulcair pushed his pledge to reinstate a federal minimum wage.

And Liberal Leader Justin Trudeau proposed giving employers who hire additional workers a two-year holiday from paying Employment Insurance premiums.

The manoeuvring came with Monday's resumption of Parliament, which effectively kicked off the campaign for the October 2015 election.

Harper marked the occasion with a campaign-style rally, laden with economic high-fives and tough talk about protecting Canadian values around the world.

The NDP announced that it will use its first opposition day of the fall sitting, on Tuesday, to force a debate on its recently unveiled proposal to reinstate a minimum wage for workers in federally regulated sectors.

Mulcair is proposing to set a federal minimum wage of \$15 per hour, which would be phased in over a five-year period.

Trudeau, meanwhile, had his own proposal: Giving businesses that hire additional employees a two-year exemption from paying EI premiums for their new workers.

THE CANADIAN PRESS



Prime Minister Stephen Harper and his wife Laureen wave as they leave a room following a speech to supporters on Monday in Ottawa.

ADRIAN WYLD/THE CANADIAN PRESS

Goal scored. Transgender hockey players can choose their own dressing rooms

Quoted

"I just hope that kids can see this and know that they don't have to hide anymore."

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year

Minor hockey players in Ontario are now able to choose a dressing room based on whether they see themselves as male or female, following settlement of a human rights complaint against Hockey Canada.

The agreement, which also includes an educational component, is aimed at protecting young transgender players from discrimination and harassment.

Jesse Thompson, 17, of Oshawa, Ont., who filed the complaint in August last year, said he was pleased with the result.

"(Kids) can come out and play their sport that they love, and they don't have to stop playing it just because of how they are or who they are," Thompson said.

The new policy, which applies to all minor players in Ontario under the auspices of Hockey Canada, also calls for the organization to educate its trainers and coaches on discrimination

and harassment as well as on gender identity and expression.

In addition, players are entitled to be addressed by their preferred name, as well as the pronoun that corresponds to their self-identified gender.

For Thompson, an avid hockey player now in Grade 12, the issue became acute about four or five years ago when he hit puberty.

Thompson's mother, Ailsa Thompson, said it was "very upsetting" when a coach booted her son from the boys' dressing room on the basis that "she's a girl."

THE CANADIAN PRESS

Auschwitz. Former guard charged as accessory to 300,000 murders

A 93-year-old man has been charged with 300,000 counts of accessory to murder for serving as an SS guard at the Nazis' Auschwitz death camp, prosecutors said Monday.

Oskar Groening is accused of helping operate the death camp in occupied Poland between May and June 1944, when some 425,000 Jews from Hungary were brought there, and at least 300,000 almost immediately gassed to death.

In his job dealing with be-

longings stolen from camp victims, prosecutors said among other tasks, he was charged with helping collect and tally money that was found.

"He helped the Nazi regime benefit economically, and supported the systematic killings," state prosecutors in the city of Hannover said in a statement.

Groening has openly talked about his time as a guard and said while he witnessed atrocities, he didn't commit any crimes. THE ASSOCIATED PRESS



Alberta begins Prentice-ship

Jim Prentice has a laugh on Monday in Edmonton with newly appointed health minister and former Edmonton mayor Stephen Mandel. Prentice was sworn in as Alberta's 16th Premier. JASON FRANSON/THE CANADIAN PRESS

Lotto Max

Ice cream run sweetened by about \$50 million

Eating your fiancé's last ice-cream bar may not be a smart thing to do, but the craving certainly paid off for an Orillia, Ont., woman.

A trip to the local store to "replace" the treat — and

also to purchase a Lotto Max ticket there — has made the newly engaged couple Ontario's latest multimillionaires.

Thirty-year-old Deanna Bergeron and her fiancé, Jeff Bourret, 32, collected their \$50-million cheque today.

They say they're still "trying to process" the win, but the first thing on their mind is a vacation.

THE CANADIAN PRESS

Scotland's vote appears split on generation lines

Referendum. Young Scots tend to favour independence; older ones say they want to keep things as they are

Across Scotland, dinner table talk is getting heated as families argue over how to vote in Scotland's independence referendum. A generation gap has opened up, with younger voters more inclined to back independence and their elders tending to say they want to remain in the United Kingdom.

Support for the status quo is strongest among the over-60s, who worry about the consequences that breaking

The over-60s

Some polls suggest the No camp is trailing in every age group except the over-60s.

- Opinion surveys indicate more than 63 per cent of the over-60s age group is expected to vote in favour of the union.
- As older people are more likely to be on the electoral roll, there has been a huge drive to get younger people engaged in the Yes campaign.

free would have on pensions, health care and savings; the

pro-independence movement is largely being driven by under-40s. Neck-and-neck in the polls, the rival campaigns have called on core supporters to make a last-ditch attempt to swing the vote by making the debate a family affair.

The young have been urged to visit parents and grandparents to explain why they should support separation. The No camp has launched a counteroffensive by asking seniors to win young hearts and minds with their wisdom.

Interest in the referendum is sky-high. A total of 4,285,323 people, or 97 per cent of the voting-age population, have registered to vote in the referendum.



Musician Bob Geldof delivers a speech Monday, during a pro-union rally at Trafalgar Square in London. Hundreds of supporters of the Let's Stay Together campaign gathered, ahead of a referendum on whether Scotland should be an independent country that will take place in Scotland on Thursday. LEFTIS PITARAKIS/THE ASSOCIATED PRESS

Many people in the rest of Britain have recently awakened to the possibility that Scotland might leave. Thousands of Union Jack-waving demonstrators gathered in London's Trafalgar Square on Monday in a last-minute show of affection for Eng-

land's northern neighbour.

Musician Bob Geldof and comedian Eddie Izzard were among speakers at a rally that organizer Dan Snow said was designed to show "that England cares."

Among the electorate deciding Scotland's fate are

124,000 16- and 17-year-olds who will be voting for the first time. Many of these new voters are expected to support independence. But conventional wisdom holds that older voters are more likely to actually cast their ballots.

THE ASSOCIATED PRESS

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Flying off the handle

How do you get Canadians to drop their courteous facade? Put them on an airplane. Using data culled from Transport Canada, Metro created a database of disruptive airline-passenger incidents since 1994. The list includes 795 reports, ranging from not-so-sly smokers to members of the mile-high club.

LUKE SIMCOE

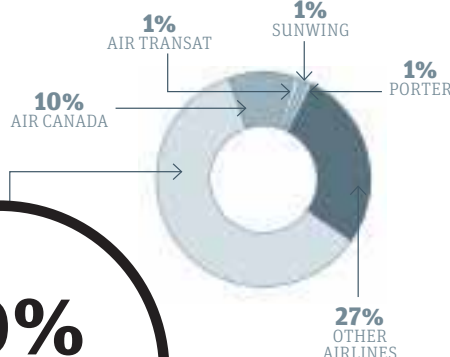
luke.simcoe@metronews.ca

25%

Unsurprisingly, nearly 25 per cent of unruly passenger incidents involved drugs or alcohol.

8% About eight per cent of the reports mention passengers trying to sneak a smoke break.

3 There are only three reports of someone trying to smoke an e-cigarette on board.



60%

Sixty per cent of the reported incidents occurred on WestJet flights.

Frequent flier fears

Alberta-based WestJet flies the three most-disruptive routes:

- WJA426 from Edmonton to Toronto appears in the list nine times.
- WestJet flights from Fort McMurray, Alta., to Edmonton appear four times.
- WestJet flights from Nassau, Bahamas, to Toronto appear four times.

0.06%

To put things in perspective, the 98 incidents aboard WestJet planes in 2013 made up a mere 0.06 per cent of the airline's annual flights.

ISTOCK PHOTO



• On Nov. 28, 2011, two then-executives of BlackBerry got so intoxicated and belligerent aboard an Air Canada flight to Beijing that they had to be restrained. One reportedly chewed through his plastic restraints and continued his mischief. They were subsequently fired from the Waterloo, Ont.-based company.



• On a Perimeter Airlines flight out of Winnipeg on Aug. 26, 2003, a woman began "flailing her arms" and threw a shoe at the cockpit crew when they refused to land mid-flight. The woman eventually returned to her seat, but "removed a bottle of vodka from her purse and consumed it" before "pass(ing) out."



• On Jan. 25, 2011, a couple aboard a WestJet flight from Edmonton to Toronto became belligerent after being denied alcohol. According to the plane's captain, the pair was "acting pornographic" and "making out" during the flight.



• Most recently, two Toronto-area women forced a Cuba-bound plane to return to Toronto in August after getting into a dispute. The pair had allegedly been drinking and smoking in the washroom beforehand and even uttered a threat against the plane, prompting NORAD to call for a military escort.

Airing grievances

The Civil Aviation Daily Occurrence Report System (CADORS) uses data sent by air-traffic control regarding incidents reported to them by in-flight crews. The system covers incidents aboard Canadian-registered aircraft, at Canadian airports or in Canadian airspace.

- A recent spate of in-flight incidents — including fights over reclining seats and a drunken fight that grounded a Sunwing plane — suggests passengers are flying off the handle more, a contention Transport Canada's data appears to support.
- Disruptive-passenger reports in Canada have spiked in recent years, from a low of six in 2000 to more than 130 in 2013. However, regulations introduced by Transport Canada in 2009 formalized the reporting process and led to a significant increase in reports.

Brie Ogle, a representative of WestJet, said its disproportionate presence in the database "has absolutely nothing to do with (its) guests" and instead reflects the airline's "strong safety culture."

"Almost all of our guests are exceptionally polite and respectful ... A high number of reported incidents tells us that WestJetters are being vigilant in reporting all incidents, regardless of the magnitude. We want to ensure that guests and crew feel safe onboard our aircraft, so we have to ensure those committing infractions are dealt with appropriately by tracking them consistently through reporting."

Despite flying nearly twice as many passengers, Air Canada — along with its Jazz and Rouge affiliates — appears only 80 times. Spokesperson Peter Fitzpatrick declined to discuss how his company's reporting system compares to WestJet's but said, "Air Canada has a very robust reporting system that greatly exceeds the standard established by Transport Canada."

Planes, pains and utter ordeals

SheTaxi creator has empire state of mind

A.k.a. SheRides in N.Y.C. New app locates taxis with women in the driver's seat

Fewer than three per cent of New York City's 115,000 licensed taxi, livery and limousine drivers are women — and that can be a problem for women who are reluctant to get into a cab alone with a male driver because of safety concerns or religious and social mores.

A new app called SheTaxi locates taxis with a woman behind the wheel in New York City, Westchester County and Long Island. It launched Monday and will go live on Tuesday.

Regulations say, however

Taxi and Limousine Commission regulations say for-hire car services are prohibited from refusing customers.

- App's creator says registered female drivers are free to pick up anyone they want; the app merely helps women who are looking for female drivers.

The drivers wear pink scarves to be easily identified.

"Why don't we have female drivers exclusively for female riders? It would be nice to have that choice," said the app's creator, Stella Mateo.

SheTaxi, called SheRides in

New York City, has been two years in the making. It will be available for the iPhone initially, and an Android version is in the works. There also are plans to expand to other cities. Passengers pay their fare through the app, using a credit or debit card.

The city's human rights commissioner, Patricia Gattling, said the agency is reminding car service companies that denying service based on gender is illegal under city law.

Such requests are common among some religious communities, like among some Orthodox Jews and conservative Muslims, where social and cultural mores emphasize men and women staying in separate spheres.

THE ASSOCIATED PRESS



Heineken refusing service to SABMiller

Family-controlled brewer Heineken says it has rejected a takeover bid by rival SABMiller. In a statement issued late Sunday night, the Dutch brewer said the Heineken family informed SABMiller it intends "to preserve the heritage and identity of Heineken as an independent company." Heineken did not release any details of the SABMiller bid. Heineken is the world's third-largest brewer while SABMiller, producer of brands including Miller Genuine Draft and Grolsch, is the second-largest. Anheuser-Busch InBev, famous for its Budweiser and Corona brands, is the world's largest brewer. TASOS KATOPODIS/GETTY IMAGES FOR HEINEKEN

iPhones hit record orders

Apple had more than four million advance orders of its new, larger iPhones in the first 24 hours, exceeding its initial supply, the company said Monday.

The iPhone 6 and iPhone 6 Plus will be delivered to customers starting Friday and throughout September, but many won't be delivered until October, Apple said. Phones will still be available Friday on a walk-in basis at Apple retail stores and from various wireless carriers and authorized Apple resellers.

Apple's website had intermittent outages last Friday because of heavy traffic as orders began online. The company said the 4 million orders set a new 24-hour record, beating the 2 million orders in 2012. That was for the iPhone 5, the



Apple CEO Tim Cook discusses the new iPhone 6 and iPhone 6 plus on Sept. 9 in Cupertino, Calif. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

previous time Apple increased the iPhone's screen size.

Last year, Apple sold nine million iPhone 5s and iPhone 5c phones in the first three

days they were on sale, but the company didn't say how many came in the first 24 hours of advance orders.

THE ASSOCIATED PRESS

WestJet Airlines

Destination: More fees

WestJet Airlines announced it will start charging some economy fare customers a fee to check their first bag, on flights within Canada and to the United States.

The new fee, ranging between \$25 and \$29.50 depending on provincial taxes, will apply to all new bookings starting Monday for travel on WestJet and its regional airline Encore as of Oct. 29.

THE CANADIAN PRESS

Microsoft and Minecraft

Mobile reach worth \$2.5B?

Microsoft's decision to spend US\$2.5 billion on the creator of the hit game Minecraft could help the Xbox maker grab attention on mobile phones.

"We believe ... the ubiquitous Minecraft game strategically makes sense as Microsoft looks for ways to drive users toward its nascent mobile hardware business," FBR Capital Markets analyst Daniel Ives said. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.50¢ (+0.36¢)

TSX
15,482.56 (-49.02)

OIL
\$92.92 US (+0.65¢)

GOLD
1,235.10 US (+\$3.60)

Natural gas: \$3.93 US (\$0.09)
Dow Jones: 17,031.14 (+43.63)



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THE HEIGHT OF DISCRIMINATION

I like to think of myself as a bit of a Goldilocks when it comes to dating. My first serious boyfriend was my height and just a bit too short for me; the one after that was almost seven feet, and too tall; and now I like to think I've found a guy who's just right.

At six feet three inches, my boyfriend still towers over the national Canadian male average, which is less than five feet nine. His height is admittedly an attribute I was drawn to right away; I literally spotted him from across a crowded room the night we met.

Many studies show that when it comes to relationships, women are much more concerned than men about their partner's height. "Too short" is a phrase I hear all the time from single girlfriends looking for love — particularly online, where first impressions are reduced to split-second judgment calls.

Many men — resigned to this new dating reality — list their measurements in their online dating profiles even when they aren't prompted to reveal them: "Brad, 26, six feet tall, if that matters."



SHE SAYS
Jessica Napier
metronews.ca

And unfortunately, it does matter. But there's a lot more to it than simply finding someone who you can stand next to in heels.

In his 2005 book *Blink*, author Malcolm Gladwell explores this inherent bias we exhibit toward tall people. According to Gladwell, height — particularly in men — triggers a set of very positive, unconscious associations such as strength, competence and authority. Unintentional or not, Western culture is clearly biased toward individuals who physically embody the attributes we traditionally associate with leadership.

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent. Men with an imposing stature are more likely to be hired, promoted, elected into office and appointed into positions of power because we quite literally have to look up to them. "Being short is probably as much, or more, of a handicap to corporate success as being a woman or

Staggering difference

In the U.S. about 14.5 per cent of all men are six feet or taller; among CEOs of Fortune 500 companies, that number is 58 per cent.

an African-American," writes Gladwell.

Designers purposefully select tall, slender females to model their clothes on the runway because their bodies reflect the fashion industry's strict concept of beauty. However, I don't think any corporations would admit to favouring tall employees. This behaviour isn't necessarily deliberate, but it has very real consequences for qualified individuals who might not measure up to our inherent prejudices.

We need to be mindful of our own unconscious discrimination when making decision about the people in our lives — whether it's selecting a romantic partner or a future Prime Minister.

First Filipino Humboldt penguin



A still-to-be-named baby Humboldt penguin is shown to the public for the first time, at Manila Ocean Park Monday in Manila, Philippines. BULLIT MARQUEZ/THE ASSOCIATED PRESS

The Philippines shows off baby Humboldt

Manila Ocean Park officials claim a yet-to-be named baby Humboldt penguin is the first to be born in the Philippines. The oceanarium has nine other penguins which were acquired from Germany in 2011.

THE ASSOCIATED PRESS

Humboldts at a glance

In the wild, Humboldt penguins are found only along the Pacific coast of South America, from Isla Foca off the coast of Peru, down to Algarrobo in Chile, with additional isolated colonies further to the south on the Punihuil Islands.

- The world population currently stands at 12,000 breeding pairs.
- The population is undergoing a serious decline. The major causes are thought to be over-fishing of prey species, entanglement in fishing nets and commercial guano removal.

SOURCE: PENGUINS.CL

MetroTube

Window into the wasp lifestyle

ANDREW FIFIELD
andrew.fifield@metronews.ca

Dig these exhibitionist wasps who decided to give YouTube user Vang Tsai an all-access look at their hot hive action by constructing it over his window. Since uploading the first shaky clip on the weekend, Vang has stepped up his video game and provided this new angle — complete with miked-up teeny, tiny footsteps. It seems like the perfect project to check in on during the week. (Vang Tsai/YouTube)



GETTY FILE

Twitter

@metropicks asked: A 12-year-old boy with autism is becoming quite the pumpkinpreneur, growing gourds as big as 933 pounds. What else should he supersize?

@SabsSoaps: I need a bigger pie shell!

@Danomite36: Halloween Candy?



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 33 in Life and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



DVD review



The Grand Seduction

Director. Don McKellar

Stars. Taylor Kitsch, Brendan Gleeson, Liane Balaban

The inhabitants of Tickle Head, Nfld., may be every bit as sneaky as their Québécois counterparts were in the 2003 hit *Seducing Dr. Lewis*, but there's no stealth about *The Grand Seduction*'s real desire. Director Don McKellar (*Last Night*) is out to charm English-language audiences with a paint-by-numbers comedy remake, about a hard-times town desperate to woo a sawbones needed to attract a factory and jobs. It's the movie equivalent of a warm blanket. The film succeeds for the most part, benefiting more from excellent casting — chiefly Brendan Gleeson, Gordon Pinsent and Mary Walsh — than from anything remotely to do with novelty or urgency. The devastation to one-industry locales like Tickle Head wrought by changing times and technology is even more worrisome today than it was more than a decade ago, but McKellar and *The Grand Seduction* aren't trying to make the situation any more grim than it needs to be. They're just out to grab a few grins, and with a goal this modest, not much seduction is required.

PETER HOWELL

From the marines to making movie magic



From left, Tina Fey, Corey Stoll, Jane Fonda, Jason Bateman and Adam Driver star in *This Is Where I Leave You*, which opens Friday. CONTRIBUTED

Adam Driver. This *Is Where I Leave You* star's experience in the military allowed him to better relate to his latest film role



RICHARD CROUSE
scene@metronews.ca

Like a lot of young people in the aftermath of 9/11, Adam Driver joined the marines. "Being in the military, believe it or not, is very different than being in an acting school," says the *This Is Where I Leave You* star.

An injury during a training

exercise cut short his military career just shy of three years.

"With the military I grew up very fast," he says.

"Suddenly I was responsible for things that aren't typical for 18- or 19-year-olds. Other people's lives and things like that. It ages you. I loved being in the military but when I got my freedom and could be a civilian again, I was interested in pursuing acting."

But there was a big learning curve to becoming a civilian again.

"It's not appropriate to yell at people. People are people and I can't force my military way of thinking on them."

"There were a lot of things going on. I am better adjusted now."

Post-marines, he studied at Julliard, became one of the breakout stars of *Girls*,

worked with Spielberg and the Coen Brothers, and has a movie coming out soon with Martin Scorsese. His *This Is Where I Leave You* co-star Jane Fonda calls him "our next Robert De Niro plus Robert Redford."

He plays Fonda's youngest son Phillip, a young man who arrives home for his father's funeral with a much older fiancée (Connie Britton) and a chip on his shoulder because his siblings don't take him seriously.

"I understood Phillip," he says. "Similar to the military, you leave and grow into a different person ... You come back and want people to view you differently and acknowledge this man you've become."

Driver has a host of projects on the way, including *Hungry Hearts*, a film that won him

the Volpi Cup for Best Actor at the 71st Venice International Film Festival and a little thing called *Star Wars* Episode VII.

"Star Wars is a big thing," he says. But, he adds, the way director J. J. Abrams and screenwriter Larry Kasdan have decided to approach the project is how you approach anything.

"From the very beginning it is all about story and character."

"Effects and the spectacle, as in the original, won't take a backseat because it is very much part of the story, but the story dictates that instead of vice versa."

"Yes, this is a long time ago in a galaxy far away, but at the same time it's about loves and friendship, those universal things that gave the original movies such a long life and resonance."

2 SCENE

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Arnold Schwarzenegger ALL PHOTOS GETTY IMAGES

Move over, Maria: Arnold faces a portrait without his partner

Well, this is awkward. When Arnold Schwarzenegger sat for his official portrait to hang in the California State Capitol building, he wore a lapel pin featuring his wife Maria Shriver's face. The thing is, when the portrait was finally revealed in Sacramento,

the pin was mysteriously missing. One former aide to the governor, Clay Russell, summed up the pervading feelings on the absence, telling the L.A. Times, "It's too bad they couldn't remove it without creating a smudge that got a lot of attention." Ouch.



Tom Hardy

Witherspoon may be the Reese-on Hardy's hatin' on rom-coms

You won't be seeing Tom Hardy in another rom-com anytime soon, and you can blame Reese Witherspoon for that. "I probably won't do a romantic comedy again, do you know what I mean?" Hardy, who starred with Witherspoon and Chris Pine in *This Means War* in 2012,

tells USA Today.

"I love to do things I hadn't done before. I didn't understand how you could do something which is so fun and be so miserable doing it."

Actually, that Witherspoon dig is a bit unfair, as Hardy freely blames himself for feeling left out on set.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Martha doesn't hold back heat when grilled about Gwyneth



NED
EHRBAR
Metro in Hollywood

Martha Stewart tried to stay quiet for as long as she could, but come on. You just know you were dying for her to take on Gwyneth Paltrow's lifestyle guru work at GOOP. And Ms. Stewart does not disappoint. It's a

good thing. Using a simple recipe of scolding and faint praise with a light draping of shade for good measure, Stewart tells Porter magazine of Paltrow, "She just needs to be quiet. She's a movie star. If she were confident in her acting, she wouldn't be trying to be Martha Stewart." Yowza. Between the "she just needs to be quiet" dominance and the talking about herself in the third person, it's like we're seeing a return of tough-as-nails prison inmate Martha Stewart. Ms. Paltrow, may I kindly suggest that you check yourself.



Kristen Wiig

Once a Bridesmaid, never a sequel: Kristen says her comedy is best left alone

If you've been holding out for a *Bridesmaids* sequel, Kristen Wiig is here to rain on your parade. "I think it's OK to have it just be what it was. I appreciate that people want us to do another one, but ... it's just something we knew when we did the first one. It just felt very

special and fun," she tells Ellen DeGeneres during an interview. Wiig says she and writing partner Annie Mumolo, who shared an Oscar nomination for the *Bridesmaids* script, are on to something new now. "We are writing something else that's very different."

Football's most famous hopes voters in Scotland say 'No' to independence

David Beckham is urging voters in Scotland to vote against independence. In an open letter released by the Let's Stay Together campaign, the former England football captain says "my sincere hope is that you will vote to renew our historic bond which has been such a success over the centuries."

Beckham says "what unites us is much greater than what divides us."

Beckham played for Manchester United from 1992-2003 under a Scottish manager, Alex Ferguson. He also spoke of his pride at representing Britain in the bid team that secured the 2012 Olympics for London.



David Beckham

Beckham says "we worked together to bring the greatest sporting event of them all to our nation." The Scottish independence referendum takes place Thursday.

THE ASSOCIATED PRESS

Twitter



@JasonAlexander

The poppyseed stuck in my teeth has now told 6 pieces of floss to "suck it". This may be how they identify my body in years to come.



@TomArnold

Passed out and had craziest long ass detail oriented dream of my life and I just woke up hard 2 minutes later. Am I still dreaming or dead?



@DebraMessing

Insomnia...why do you plague me?

Mama said knock this unique cardio routine out

Boxing. This form of fitness uses techniques of the sport — without the possibility of a black eye

IZABELA
SZYDLO
life@metronews.ca

There are only so many kilometres you can run on a treadmill, so many steps you can take on the stairclimber and so many circuits you can make on an elliptical before your workout goes from sweat to snore.

More gyms and personal trainers are offering boxing as a cardio option. So if you're looking for something that will leave you sweaty and sore, wrap up your hands, pull on some gloves and get punching.

Stephanie Joanne, a personal trainer and creator of the boxing gear line JS Signature Series by Fight Monkey, attributes the accessibility to the mainstream popularity of sports like mixed martial arts. Joanne has been offering boxing to her mostly female clientele as a full body workout for about three years.

"When you're boxing, you work your entire body," she says. "Twenty minutes in, you're dripping buckets of sweat because you're always on the go. You feel muscles in your back and legs that you never knew you had. I feel more sore after I box than when I lift weights."

And while boxing is a total-body workout, Joanne cautions it is a form of conditioning — not resistance training. She recommends incorporating boxing into your existing resistance routine. For example, if you work



Personal trainer Stephanie Joanne, right, takes her client Jessica Tyler through a boxing routine. Scan this photo using your Metro app to see a video of Joanne's Top 3 boxing routines. PHILLIP HARRIS OF P HARRIS DESIGNS

out four days a week, two of those days can be devoted to boxing and the other two to a whole-body resistance circuit.

One of Joanne's clients is Jessica Tyler. Best known for her role on *Degrassi: The Next Generation*, Tyler took up boxing about two years ago when Joanne began including it in her personal training sessions.

"It is intriguing because it's not everyday you get to pretend you're a pro boxer,"

she says of the addition to her workout, which is rounded out by spin class and some weightlifting. "Before boxing, my workout was pretty basic and I didn't always have much fun. I think it's important that you find something that makes you happy and motivates you to go to the gym."

Gym incentive aside, boxing can also have a positive impact on your mental health. In addition to the ob-

vious stress relief and aggression release that comes with punching a bag, Joanne says boxing has also increased her discipline and concentration.

"It has helped me focus," she says. "If you're lifting weights, there's only so many ways you can mess up a bicep curl or squat. When you master it, there's no improving on it. With boxing, there's always improvement. You're always alert. It is definitely competitive in terms of beat-

ing your best."

It is the progressive nature of boxing that Joanne says keeps clients throwing left jabs and ducking right hooks. If you're just starting out, she recommends finding a gym that offers boxing classes, as they typically have equipment available. This will prevent you from spending money on gloves and other necessities until you're sure you want to float like a butterfly and sting like a bee.

Aches and pains

Feet may be sole source of pain

Our feet take a lot of pounding. And even though feet can withstand a lot of demands, experts say we shouldn't take them for granted. Our feet are composed of dozens of delicate bones and joints that

can easily be injured by wearing ill-fitting shoes or because of the way we walk.

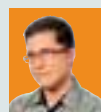
"People often don't realize there is something wrong with their feet because their feet don't hurt," says Alison Smith, a Canadian certified pedorthist. "Instead, they may complain about an aching lower back or sore knees. Many of my patients have

been surprised to learn the pain in their back, hips or knees actually stems from their feet."

If you have persistent unexplained pain in your hip, back, knees or feet speak to your doctor about a referral to a certified pedorthist. Your pedorthist will conduct a full assessment of your feet and lower limbs. **NEWS CANADA**

For your phone

NFL 60 Play (iPhone/iPad/Android; free)



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

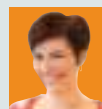
The American Heart Association and the NFL present this obstacle course video game played by triggering your phone's sensors through physically jumping, turning, and running on the spot for a healthy high score.

3 LIFE

Buck pasta tradition with zoodles

Health Solutions

Any day is a good day for zucchini appreciation



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It may be growing over your side of the fence right now! But if you can't steal it from your neighbour, it will be on sale at the grocer.

Zucchini is an under-appreciated late summer vegetable. Look for one that is shiny, firm, vibrant in colour (whether light or dark green) and is free from spots, cuts or bruises.

• Smaller zucchinis will be more tender than larger ones.

• Zucchini holds a lot of water. To reduce the amount of water for crispier result in cooking or baking, salt diced or sliced zucchini and leave it for half an hour. Rinse the zucchini and squeeze dry with a paper towel to slightly dehydrate.

• Don't overcook zucchini and keep an eye on its skin since the edge just under the skin will turn bright green as it cooks to its tender-crisp point.

• Grate zucchini using a large-hole box grater and add to meatloaf, pasta sauces and burgers. It will add moisture, nutrients and flavour.

• Zucchini goes well with: garlic, basil, lemon, oregano, olive oil, parsley, pepper, salt, onion, thyme, vinegar, tomatoes, mushrooms, sweet bell peppers, corn, eggplant, cheeses such as feta, ricotta, and goat, salmon, eggs, shrimp, quinoa, rice, and even pecans and chocolate!

Zucchini Flavour Pairings

Zucchini + basil + Parmesan

Zucchini + red peppers + eggplant + onions + tomatoes

Zucchini + olive oil + salt + pepper + oregano

Zucchini + feta + lemon + olive oil

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCE-MADESIMPLE.CA



Zucchini Zoodles with Pesto and Shrimp.

This pasta alternative is simple to make

THERESA ALBERT
myfriendinfood.com

This recipe pairs zoodles with pesto and shrimp but they also go well with your favourite marinara sauce, a drizzle of olive oil, a variety of herbs or a sprinkle of Parmesan cheese.

Zoodles

1. Wash zucchini and cut off the ends. Decide if you want to keep the skin on or peel it. Keeping the skin on adds gorgeous colour to your dish and some fibre. Peeling it and boiling the zoodles can create a more traditional pasta look and mouth-feel.

2. Using a julienne grater or mandolin with julienne blade, slide each zucchini along its length in smooth strokes to create the "noodles." You can achieve the same effect with a box grater turned over on its side. As required, gently pull apart the strands.

3. You may find that when you get to the middle, the seeds prevent the strands from holding together. Use this part of the vegetable for another recipe.

4. Zoodles may be enjoyed raw or can be softened by gently sautéing, boiling or microwaving them.

Zoodles with Pesto and Shrimp

1. Melt butter in skillet on med-high heat. When the butter starts to sizzle, add the shrimp and sauté for 3-5 min-



This recipe serves four. PRODUCEMADESIMPLE.CA

utes until the shrimp are pink and opaque throughout.

2. Stir pesto into zoodles and distribute among four plates.

3. Add cooked shrimp, tomatoes and snap peas to each plate. Enjoy.

THERESA ALBERT IS A FOOD COMMUNI-

CATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/PRODUCEMADESIMPLE.CA

Serving options

• **Raw.** Squeeze out excess water using paper towels or let the zoodles rest in a colander for 15-20 minutes to let excess water drip out.

• **Sautéed.** Add 1 tsp oil or butter to a skillet and gently heat zoodles on medium-high heat for about 5 minutes. This creates a slightly crispier texture than

if boiled or microwaved.

• **Boiled.** Add zoodles to simmering water for approximately 2 minutes. Strain and serve.

• **Microwaved.** Microwave zoodles in a vented / covered, microwave-safe dish for approx. 2 min. Drain excess water and serve.

Ingredients

Zoodles

- 4 medium zucchini
- Zoodles with Pesto and Shrimp**
- 1 1/4 lb (.56 kg) raw shrimp, shelled, tailed and deveined
- 1 tbsp (15 ml) butter
- Zoodles as above
- 2.5 tbsp (45 ml) prepared pesto
- 8 mini tomatoes, quartered
- 8 snap peas, cut into bite-sized pieces



This recipe for Cheesy Zucchini Fries with Smoked Paprika Dipping Sauce serves four. [MATTHEW MEAD/ THE ASSOCIATED PRESS](http://MATTHEWMEAD.THEASSOCIATEDPRESS.COM)

Zucchini steals potato's thunder

1. Heat oven to 450 F. Coat a rimmed baking sheet with olive oil cooking spray.

2. In skillet over medium heat, cook panko, stirring until toasted, 3 mins. Transfer to shallow bowl and stir in the Parmesan cheese and the oil.

3. In another shallow bowl, combine flour with garlic powder, then season it with salt and pepper. In a third shallow bowl place the egg mixture.

4. Working with several zucchini sticks at once, toss in flour, shaking off excess. Add flour-coated zucchini to egg mix and toss to coat well, letting excess egg drip off. Finally, place in panko mix, tossing to make sure coated on all sides. Arrange coated sticks in single layer on prepared baking sheet.

5. Bake, turning once, until golden and tender, 8 minutes.

6. While zucchini is baking, in bowl stir mayo, lemon juice,

garlic and paprika. Season with salt and pepper. Sprinkle cooked zucchini lightly with salt and pepper. Transfer to

platter and serve immediately with sauce. **THE ASSOCIATED PRESS/ SARA MOULTON AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 cup panko bread crumbs
- 5 tbsp grated Parmesan cheese
- 2 tbsp extra-virgin olive oil
- 1/3 cup all-purpose flour
- 1 tsp garlic powder
- Salt and ground black pepper
- 1 large egg, beaten lightly with 1

- tbsp water
- 3/4 lb zucchini, peeled and cut into 16 equal sticks
- 1/4 cup light mayonnaise
- 1 tsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp hot smoked paprika

LEARNING CURVE

Getting involved can enhance your studies

College and university students have said farewell to the lazy, hazy days of summer and hello to classes, assignments, term papers and exams. The first few weeks of settling back into an academic routine can be rough, but there are ways to ease the transition.

First and foremost, it's important to have the right outlook.

"Going back to school shouldn't be seen as a chore — you're not here because someone is pulling your teeth, you're here because you want to be," says Jacqueline Skiptunis, a Russian studies major at Dalhousie University and the Dalhousie Student Union's vice-president (academic and external).

There is no reason to be trapped indoors all day and miss the last few weeks of sunny warm weather, either. You can choose to

study outside instead of in your room or the library, and some professors and instructors might hold an occasional class in a courtyard or another outdoor setting — after all, they like the fresh, fall air, too.

If your motivation is waning and you feel tempted to skip class, it helps to recognize the long-term value of your education — and to remember that it doesn't come cheaply.

"Yes, it may be beautiful outside, but you have to remind yourself that your education is more important than going to the beach until October," Skiptunis says.

If you have your studies under control and find yourself with some spare time on your hands, there are benefits to getting involved with extracurricular activities on campus.

A Statistics Canada study revealed that



SHUTTERSTOCK

children's and youth's participation in organized extracurricular activities has been associated with positive short- and long-term outcomes, such as academic achievement and

more social behaviour. These young people also are less likely to drop out of school and have fewer emotional and behavioural problems.
— Jane Doucet

Choosing PACE was the right move for grad

Web developer gains valuable experience

A desire to learn how to create websites and web applications is what attracted Sarita Sawh to the Internet systems specialist diploma (ISSD) program at PACE (professional, applied, and continuing education) at the University of Winnipeg.

Sawh enrolled in this program because she felt it would be the right one to help her make a career change.

She was right. She excelled in the intensive program and was chosen as valedictorian of the October 2012 graduating class.

As a part of the program, her internship led her to the City of Winnipeg — where she gained valuable experience working with its corporate web team.

Within a few months upon graduating, she accepted a position with TSI Media, where she works as a web developer.

TSI Media does work for various clients including Birchwood Automotive Group, Stevenson Management Services Ltd., Canadian Museum for Human Rights, and many others.

At TSI Media she is learning something




Sarita Sawh. CONTRIBUTED

new everyday and feels she can take on any new challenges because the ISSD program has provided her with a strong foundation of skills from which to draw.

Sawh feels that taking the program was the right decision for her and it has helped her to successfully transition into a new career she loves.

For more information about the school, visit pace.uwinnipegcourses.ca.


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"Red River College and the school of continuing education have a 'real world' perspective," says Eva Weidman, program facilitator, school of continuing Education, RRC. "Our writing instructors are writers, our podcasting instructor is a radio producer, and our graphic novel instructor is a graphic artist."

The introduction to freelance writing course teaches students and aspiring writers how to sell your words for the world to see.

"Freelance writing is so much more than writing," Weidman says.

"To be a successful freelance writer, students need to understand marketing, deadlines, working for publications, and the basics of running a small business."

Weidman says one of the first lessons students learn is that if you throw together an article, randomly send it out and expect to be paid, your chances of success as a freelance writer are pretty slim.

Thanks to new technology, podcasting and creating your own "radio" show is now possible, according to Weidman.



A mock-up of a graphic novel character created by RRC instructor Warren Alejandro-Yarema. CONTRIBUTED

"The Internet may seem to have been around for a long time, but it is really only in



SHUTTERSTOCK

the last few years that individuals have taken the possibilities the Internet has created to create personalized podcasts," Weidman says.

The intro to podcasting and audio production course will teach students how to create their own podcasts — shows that people will want to listen to.

And, finally, the graphic novel (comic book) creation course combines the written word with visual expression.

"As today's students have grown up in a much more visual world, the art of combining words and pictures is appealing," Weid-

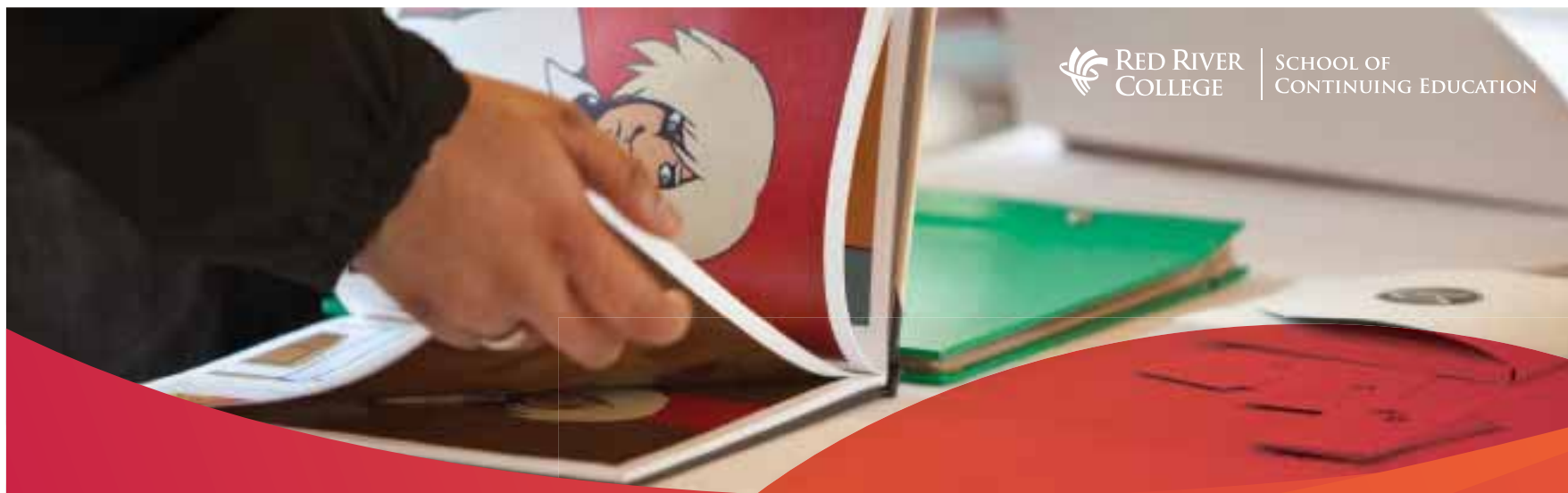
CLASS START DATES

All courses run for 10 weeks, one night a week, from 6-10 p.m.

- Intro to podcasting starts Sept. 23.
- Graphic novel creation starts Sept. 22.
- Intro to freelance writing starts Sept. 22.

man says. "With today's technology, creating graphic novels is also much more accessible than ever before."

For more information, visit rrc.mb.ca.



RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

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Launch a podcast, design your own graphic novel, or get started as a freelance writer.

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Learn to plan, produce, publish and promote your own podcast.

Intro to Freelance Writing:

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SHUTTERSTOCK

Plenty of opportunities for academy graduates

Law enforcement, emergency services programs offered

Northwest Law Enforcement Academy has an excellent reputation for having graduated hundreds of desirable candidates for law enforcement in its 14-year history.

The students have benefited directly from the practical training provided by the instructors — who are all retired former law enforcement officers from the RCMP, Winnipeg, Corrections, and Canadian Border Services.

“This fact alone gives the academy high credibility along with its established relationships locally and across Canada,” says Victor Popow, chief executive officer, Northwest Law Enforcement Academy.

“Northwest takes its commitment to providing students the best opportunities to develop their talents as leaders, communicators, and thinkers.”

As its main course, Northwest Law Enforcement Academy offers the law, protection and safety diploma course, which is 645 hours in length for those looking to be employed in law enforcement.

The school also offers the 39-hour emergency services communicator certificate program for those looking to be employed as a 911 operator, police, fire, security, or emergency medical services communicators.

It also delivers customized programs to organizations and individuals.

Northwest Law Enforcement Academy not only provides theoretical courses such

EXPECTATIONS FOR STUDENTS

Prospective candidates to Northwest's diploma program should be motivated, mature, and have minimum Grade 12 or GED.

The diploma program is still accepting candidates for its fall classes (starting Oct. 14 and running 1 p.m. to 6 p.m.) and has even begun accepting applications for the April 2015 class.

The emergency communicators classes will run as well this fall starting Oct. 28.

as criminal law, criminology, human relations, and ethics, but practical components within the seven-and-a-half-month program, which consists of non-violent crisis management, police defence tactics (self-defence and restraint training), arrest and control techniques, and firearms training.

“These courses are taught by former members of police and law enforcement agencies which brings a huge component of expertise and professionalism to the training,” Popow says.

Northwest Law Enforcement Academy graduates have gone on to careers in the RCMP, Winnipeg, Brandon, Calgary, and First Nations Police, federal and provincial corrections, Canadian Border Services, sheriff's departments, Canadian Military Police and various other security-related careers and organizations.

For more information about Northwest Law Enforcement Academy, call toll-free 1-866-953-8300, or visit northwestlaw.ca.

Law, Protection & Safety Classes



Call to Register Today!



LAW, PROTECTION AND SAFETY DIPLOMA PROGRAM

**Classes Start:
October 14, 2014 -
May 29, 2015**

www.northwestlaw.ca

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204-953-8300

or Toll Free:

1-866-953-8300

**APPLY
TODAY!**

**NORTHWEST LAW
ENFORCEMENT ACADEMY**

Not too late to enrol for courses

Spaces available at MITT (formerly known as WTC) for February 2015

Just because you missed out on starting classes this September does not mean you need to wait another full year to pursue your passion.

Whether you are creative or interested in a skilled trade or both, MITT (Manitoba Institute of Trades and Technology) has a February option that will appeal to you.

Spaces are available in the carpentry, production art, and technical drafting program for February.

Production art students learn the latest graphic design techniques accompanied by the latest in print technologies.

Artwork comes to life from the initial concept, straight through to that coveted printed final product.

"The program empowers students to take their art and produce a 'sellable product,'" says Jan Hamilton, graphic art instructor.

"Students learn in a modern Mac lab on

CONTRIBUTED

the latest professional design software, to preparing the art and actually learning the skills to operating printing equipment to create a product they can hold in their hands."

Technical drafting provides the outlet to

be a member on the ground level of a design team for architecture, mechanical, and civil drafting.

Students use the latest programs to learn the skills needed to become a CAD techni-

CANADA'S ONLY HYBRID SCHOOL

As of July 1, new legislation has established that Manitoba Institute of Trades and Technology, formerly known as the Winnipeg Technical College (WTC), will serve as Canada's only stand-alone hybrid institution providing both secondary and post-secondary skills training.

cian, from basic AutoCAD, 3D modelling and BIM, as well as the fundamentals of hand sketching and basic drafting.

"Our program offers a hands-on learning experience," says Elaine Penner, technical drafting instructor. "Students spend the majority of their classroom time on computers drawing everything from machine parts to roadways."

For those individuals looking to gain employment in the area of skilled trades by summer, the MITT advantage can help.

Become part of the solution to the skills shortage in Manitoba's construction industry by June 20, 2015, by applying for the pre-employment carpentry program.

This five-month program takes students through competencies that meet Apprenticeship Manitoba's Accreditation for Level 1.

For further information on these or other Manitoba Institute of Trades and Technology programs, visit MITT.ca.

MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY (FORMERLY WINNIPEG TECHNICAL COLLEGE)

LAUNCH

SEPTEMBER 26

ARE YOU READY?

We are a technical training institution for high school, post-secondary, and adult students. We are a responsive partner to Manitoba's changing labour market.

WE ARE THE WAY FORWARD.

Herzing president will take part in CEO Sleepout

Herzing College is all about fostering a sense of community within and outside the school, and it does that by leading by example.

On Thursday, Herzing Winnipeg campus president Kerry Swanson will show his support to the community of Winnipeg by sleeping on the streets as a part of the CEO Sleepout.

This is the fourth annual event, where members of the business community — like Swanson and 145 other CEOs, community leaders, and members of the media — will spend the night camped out at Portage and Main. The night spent on the city's windiest corner is all in the name of raising public awareness about homelessness in Winnipeg.

"The CEO Sleepout was a great opportunity for me to show my commitment, as part of the business community, to ending homelessness in Winnipeg," Swanson says.

Money will also be raised by those spending the night on the streets as part of the event to help provide employment opportunities to those living on streets.

For more than 3,000 people in Winnipeg, sleeping on the streets is a nightly occurrence.

According to the Downtown Winnipeg BIZ,

CONTRIBUTING IN A POSITIVE WAY

The CEO Sleepout has raised almost \$500,000 to employ 40 individuals who are homeless. The money has gone to providing shelter, quality of life supports, and an opportunity for these individuals to contribute back to the city in a positive and meaningful way.

there are about 350 people who stay in one of the city's homeless shelters, 700 to 1,000 people stay in single-room occupancy hotels, and more than 1,400 people bunk with relatives, friends, or acquaintances in temporary accommodation.

"After witnessing this issue first-hand, along with the strain put on the fire, police, and medical services that are assisting people day by day, we issued a challenge to the corporate community," says Stefano Grande, executive director of the Downtown Winnipeg BIZ.

For more information on Herzing College, visit herzing.ca/winnipeg.



Kerry Swanson, Herzing Winnipeg campus president. CONTRIBUTED

On Air or Online.

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Need some help with a funeral arrangement?

Integrity Death Care does things differently

Integrity Death Care Consultants Inc. is not a funeral home and that is exactly what makes it the right company to call when someone dies or if you have been thinking about pre-arranging a cremation or funeral.

Integrity does things differently. Unlike a funeral home, it does not sell caskets, urns, flowers, or other funerary goods and services. The purchasing decisions of its clients have no impact on its bottom line. Instead, it provides clients with an expert who will guide and assist them in the decision-making long before a funeral home/cemetery is ever notified. This ensures that the family knows exactly what the costs will be in advance of making a commitment to a funeral home. This new and unique approach has a profound effect on the cost and stress associated with arranging cremation, funeral, and/or cemetery services.

Once initial consultation has concluded, the consultant seeks quotations from funeral

WHAT THEY DO

- Negotiate the best price for the client
- Independent of funeral homes and cemeteries
- No payments or commissions accepted from any supplier
- Employees are not commission-based
- Display transparency throughout the entire planning process
- On average, Integrity Death Care Consultants Inc. saves clients three to five times its fee

home operators and suppliers in search of the best price and fit for their client. The consultant makes contact with the funeral home on behalf of the family and supplies all of the information the funeral home needs to provide the selected goods and services. They remain the point of contact between the funeral home and the family.

This approach ensures that all communication between the funeral home or cemetery and the bereaved is honest, accurate, and



SHUTTERSTOCK

in the best interest of the family. Integrity's clients never have to worry about being pressured by a commissioned salesperson.

Integrity Death Care simply charges a small fee for its services and does not accept payments or commissions from the end ser-

vice provider. Instead, all of the savings are passed on to the clients.

This approach typically yields a savings of three to five times Integrity's fee and can save a family thousands of dollars. Call 204-295-5408 or visit integritydeathcare.com.



We are Former Funeral Directors with decades of experience in the Winnipeg Funeral Home Market. We take the confusion out of arranging cremations & burial services and work to serve the interests of our clients.

We are independent consultants unaffiliated with funeral homes and cemeteries. Instead, we advocate for the family and negotiate better services at lower prices for cremations, memorial services, traditional funerals and interments both pre-need and at-need.

- Clients should expect to save 3 to 5 times our fee, sometimes more
- We are unbiased and independent of all funeral homes and cemeteries
- We do not accept commissions from suppliers or funeral homes
- We charge a flat rate and our clients purchasing decisions do not impact our profit margins either way

Call us first and let us help.

**602 - 44 Princess Street, Winnipeg, MB
204-295-5408 • IntegrityDeathCare.com**

INTEGRITY
DEATH CARE CONSULTANTS

NFL

Vikings reinstate Peterson despite felony charge

The Minnesota Vikings have seen the details. They have seen photos of the injuries that Adrian Peterson's four-year-old son suffered at the hands of the star running back.

The Vikings brought Peterson back to the team anyway even as the public furor over the NFL's approach to addressing domestic abuse reached a fever pitch.

The Vikings reinstated Peterson on Monday, one day after he sat out a 30-7 home loss to the New England Patriots. He was charged with a felony in Texas for using a wooden switch to spank his son. Peterson, who said he was using a form of discipline his father used on him as a boy, is expected to play against the New Orleans Saints on Sunday.

THE ASSOCIATED PRESS

South Africa

Pistorius free, for now, to compete after conviction

Oscar Pistorius is free to compete for South Africa again, as long as his running doesn't go against the ruling of the judge.

Pistorius, who is to be sentenced next month after being found guilty in the negligent killing of his girlfriend, could compete at any time because the South African Olympic committee has no regulations preventing someone with a criminal record from representing the country. THE ASSOCIATED PRESS



Blue Bombers' quarterback Drew Willy is nursing a shoulder injury that could force him to miss the team's next game. TOM SZCZERBOWSKI/GETTY IMAGES

Willy's wonky arm creates uncertainty

Blue Bombers. Injured shoulder has QB's status questionable for next game and beyond

Winnipeg quarterback Drew Willy's injured shoulder could make him miss the Blue Bombers' next game almost two weeks from now, and his future after that is unclear, based on a report Monday from the Canadian Football League team.

The Bombers say Willy's status is week-to-week, but he's

questionable for Winnipeg's next game at home against the Hamilton Tiger-Cats.

"He will be re-evaluated at the beginning of next week," the team said in a brief statement Monday. The team didn't provide any more information about the nature of the injury.

Willy's throwing shoulder was injured Saturday on what looked like a hit from Alex Bazzie and Khreem Smith, as he was sacked late in the second quarter of a 25-9 loss to the B.C. Lions.

After the game, coach Mike O'Shea suggested the injury might not be serious, even

QBs dropping like flies

Drew Willy joins fellow quarterbacks Darian Durant, Travis Lulay and Bo Levi Mitchell on the injured list.

- Like Willy, Mitchell went down Saturday, although in his case it was a leg injury.

though Willy watched from the sidelines in the second half as backup Brian Brohm struggled against B.C.'s defence.

At 27, Willy has been re-

markably durable, or lucky, as far as injuries are concerned, with only a hand injury in practice that made him miss two games during his college career and none that have forced him to miss a game as a professional.

This season he has hardly missed a snap, let alone a game, despite hits that have left him bruised and limping off the field at times.

It helps that this is Winnipeg's bye week, which gives the team and Willy some time to recover or prepare. They don't have to play again until Sept. 27. THE CANADIAN PRESS

4 SPORTS

Meet QB, Drew Willy @
Uptown Sports - Portage Place
September 17, 4:30 - 5:30PM

More info: www.facebook.com/UptownSportsDowntown

Orioles beat Jays, inch closer to AL East title

First in 17 years. One more win over Toronto on Tuesday and O's clinch division title

The Baltimore Orioles moved to the brink of claiming their first American League East title in 17 years, using a resilient pitching performance by Wei-Yin Chen to beat the Toronto Blue Jays 5-2 Monday night.

Baltimore can clinch the division crown with a win over Toronto on Tuesday. That would assure the Orioles their second playoff berth in three years following a run of 14 consecutive losing seasons.

Baltimore (90-60) leads the AL East by 12-1/2 games, its biggest advantage since 1979.

Chen (16-4) allowed two runs on nine hits over 5-2/3 innings to become the first

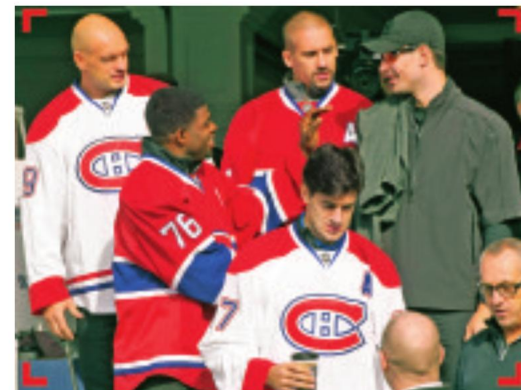


Orioles' right-fielder Nick Markakis makes a diving catch on a ball hit by John Mayberry Jr. on Monday in Baltimore. The Orioles roughed up Jays starter Marcus Stroman for nine hits and five runs, which included a Ryan Flaherty two-run home run, over six innings en route to a 5-2 win. PATRICK SMITH/GETTY IMAGES

Orioles lefty to win 16 games since Jimmy Key in 1997 - the year Baltimore last won the AL East. Although he yielded

at least one hit in every inning but the second, Chen improved to 13-2 in 23 starts since May 9.

Zach Britton worked the ninth for his 35th save in 39th opportunities. THE ASSOCIATED PRESS



Habs happy to share the C

Debate raged all summer over who would be the next Canadiens' captain. And when the decision was announced Monday it was ... nobody. GM Marc Bergevin said the team will alternate Andrei Markov, left, P.K. Subban, Tomas Plekanec, centre, and Max Pacioretty, bottom, wearing the C. Scan the image with your Metro News app for our list of top captains from Canadian teams. RYAN REMIOWZ/THE CANADIAN PRESS



Post-surgery

Woods done strengthening workouts

Tiger Woods is too busy in the gym to find a new

swing coach, or even swing a golf club.

Woods said Monday his strength has returned from "busting my butt in the gym pretty hard" and he is on schedule to resume competition in December.

THE ASSOCIATED PRESS

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Monday, September 22nd, from 6:30 p.m. - 8:30 p.m.

Here's how it works: You show up. You don't pay anything. You don't have to listen to speeches.

You don't have to watch any grandstanding. You're given a map of the candidates, and you go talk to them.

That's it. You just have to show up to get answers. It doesn't get easier than that!

Nine out of ten candidates for mayor have confirmed they will be there, and most councillor candidates.

Metro Winnipeg is committed to giving our readers information when they want it, how they want it. This is a free, one-stop shop to find out the ideas candidates in your neighbourhood have to fix the roads, fund transit, deal with poverty issues, keep our green space gorgeous, keep taxes in line, and their plan to be transparent.



AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You may be convinced a course of action is correct but someone's opposition will make you wonder. Maybe you should give it a bit more thought.

♉ Taurus

April 21 - May 21

An opportunity to improve a partnership or relationship could easily be missed. Focus on it to the exclusion of everything else.

♊ Gemini

May 22 - June 21

If you have a favour to ask of a friend or family member, now is the time. The planets indicate everyone wants to help you today. You would be foolish not to take advantage of it.

♋ Cancer

June 22 - July 23

If you once thought was a brilliant idea has come to nothing, abandon it. There are more interesting things you can spend your time on today.

♌ Leo

July 24 - Aug. 23

A light-hearted approach is called for today, especially if you are the sort of Leo who tends to get uptight about things over which you have no control. The final outcome will be the same, so laugh.

♍ Virgo

Aug. 24 - Sept. 23

Remember, it's not the quantity of work you get done today that matters but the quality. Do just one thing really well.

♎ Libra

Sept. 24 - Oct. 23

Something you thought was a permanent part of your world will disappear but there is no need to feel sad. Something better will fill the space.

♏ Scorpio

Oct. 24 - Nov. 22

You may be unaware that someone is annoyed with you but if a loved one or work colleague gives you a hard time, try to find out why.

♐ Sagittarius

Nov. 23 - Dec. 21

Try not to be so self-critical. If something has not worked out the way you expected, well, that's just the way it is. It's all good experience. Next time you'll get it right. Move on.

♑ Capricorn

Dec. 22 - Jan. 20

Jupiter is in the wealth area of your chart. If a deal has to be made you should be the one calling the shots — and taking the lion's share of the profits.

♒ Aquarius

Jan. 21 - Feb. 19

A disappointment of some sort may be hard to take but the pain will fade. Pick something else that inspires you and throw yourself at it body, mind and soul.

♓ Pisces

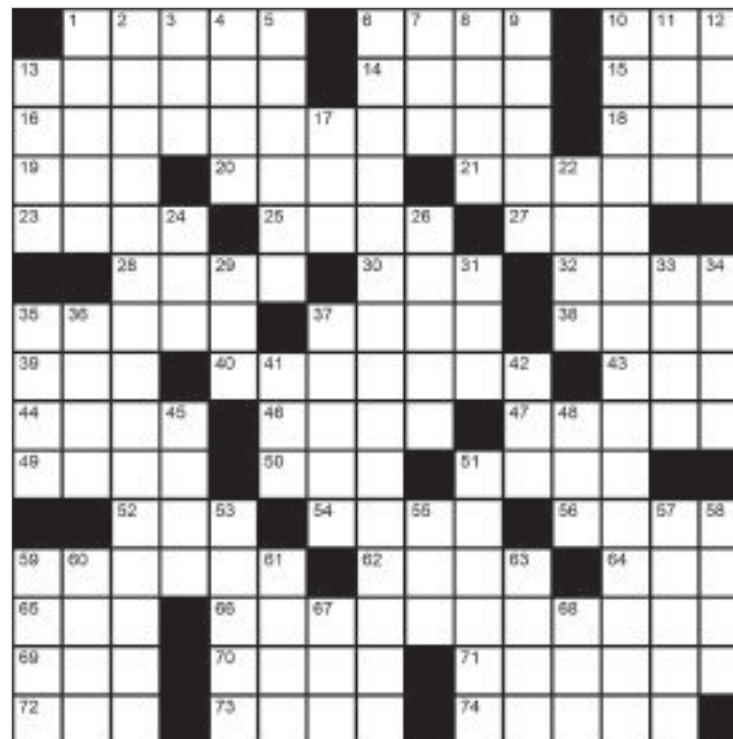
Feb. 20 - March 20

Others are unlikely to be in the mood for fun and games. That's okay, you can entertain yourself well enough. You're certainly not going to join in all the doom and gloom!

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Mother Goose guy Jack
6. New Brunswick's motto: ___ Reduxit (Hope restored)
10. Mr. Weston of "ET Canada"
13. Canuck comedy duo, Kenny vs ___
14. Bind-er
15. 'Fruct' finisher
16. Soldier involved in airborne operations, at times
18. ___ choy (Leafy vegetable)
19. U.S. tax collector
20. Atomic Number 30
21. Saskatchewan town about 75 miles north of Swift Current
23. Arcade Fire album: '___ Bible'
25. Forest denizens
27. Consume
28. Tandoor-baked creation
30. Payer's pledge
32. Baltic country [abbr.]
35. "The ___ I'm In" by The Band
37. Antelopes of Africa
38. Lingering sound
39. Cyber chuckle
40. Made a bubbling noise
43. Viewed
44. a.m.'s 'a'
46. Ms. Jordan
47. Piece ___ (Desert helping)
49. "About a ___" by



- Nirvana
50. Timber type that's tough
51. Caffeine nut
52. ___ Dhabi (UAE capital)
54. Ms. Gilpin of "Frasier"
56. Bank ___
59. Singer Ms. Grande

62. Experimental environs
64. Mer's liquid
65. Ben, to Jerry
66. Surveillance video: acr. + wd.
69. "___ Maria"
70. "It's ___!" (2-2 game exclamation)
71. Campfire s'nacks

72. Apiece
73. Particular pulses
74. Ships' steerers

Down

1. Backup
2. Fitness motivator: 2 wds.
3. Genetic letters
4. Bug movie

5. ___ Lannister ("Game of Thrones" character, on HBO Canada)
6. Grocery store tasks: 2 wds.
7. Drivel
8. Duellist's blade
9. Mr. Haggard of country tunes

10. Canada's celestial 'crane' creation: 3 wds.
11. Bears, in Barcelona
12. Cowardly Lion's alter ego
13. Twirl
17. ___ trial basis
22. Rattle
24. Sofa sleep
26. Spirits
29. Concert promoter, ___ Live
31. Function
33. Popular cuisine
34. ___ Sound (Fjord locale on BC's coast northwest of Vancouver)
35. Smelting waste
36. Hagar The Horrible's daughter
37. 'Get'
41. NFL's land
42. Scooby-___
45. Napoleon's exile isle
48. Jacksonville's state [abbr.]
51. Block/stop, informally
53. Remove the pen's top
55. U.K. military service
57. Pens
58. Calendar day, e.g.
59. "Pronto!"
60. Wander
61. Entr'___ (Theatre break)
63. A few
67. Ms. Carrere
68. Actor Mr. Avery

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

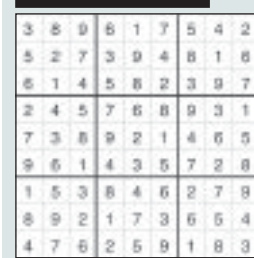


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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PIONEER CREATOR EXPLORER DEFENDER TRAILBLAZER CHALLENGER VISIONARY INNOVATOR ADVENTURER REBEL PIONEER CREATOR EXPLORER DEFENDER TRAILBLAZER CHALLENGER
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WE MAY TRAVEL IN DIFFERENT DIRECTIONS BUT WE COME TOGETHER AT HOMECOMING

Reconnect with old friends and reminisce about your years on campus.



UNIVERSITY OF MANITOBA

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SEPTEMBER 15-21

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HOMECOMING SATURDAY SEPTEMBER 20, 2014

FAMILY FUN 11:00 a.m.

Families, children and Bison fans are welcome to enjoy games, face painting, food, music and more before kick-off.

PRE-GAME PARTY 11:00 a.m.

Take part in the annual Pre-Game Party including a Push Cart Derby, Campus Fair and other fun activities.

HOMECOMING FOOTBALL GAME U of M Bisons vs. UBC Thunderbirds Doors open: 12:30 p.m., Kick-off: 2:00 p.m.

Show your U of M pride by filling the stands and cheering on the Bisons. Go team!

HOMECOMING DINNER & CONCERT Reception: 6:00 p.m., Dinner 7:00 p.m.

Reconnect and reminisce while enjoying unforgettable performances by members of the Desautels Faculty of Music.

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